

# Managing Stress and Workplace Accountability



**Course Number:** MS 001

**Cost Per Person:** \$30 Participating Agency, \$188/Non-Participating

**Eligibility:** All

**Instructor:** Tripp

**Certification Series:** Advanced Professional Development Certificate

**Length:** 8:30 am - 4:30 pm

**Scheduled Sessions:**

August 11, 2017

October 11, 2017

January 11, 2018

April 12, 2018

**Location:** Des Moines, Hoover State Office Building, Level A

**Overview:**

This course is designed to identify and understand the sources of stress. Participants will gain an understanding of the science behind stress and why some stress is actually healthy for us to lead productive lives. Coping strategies, identifying stress overload, and self-management technique topics will be presented.

**Objectives:**

- Define stress and identify triggers
- Recognize your current stress level
- Understand the science behind stress
- Create strategies for reducing stress and increasing self-management techniques